

donspencer

MUSIC

BALANCED DIET

Don Spencer/Allan Caswell

Published by MCA-Gilbey

If you want to look good,
You've got to feel good.
If you want to feel good,
You've got to eat good.
'Cause the food you eat,
Gives you energy,
So be good to your body,
And only give your body good food.

Chorus

**That's a balanced diet.
You really ought to try it.
Be good to your body,
And only give your body good food.
That's a balanced diet.
You really ought to try it.
'Cause if you're good to your body,
Then your body will be good to you.**

If you want to do well,
You've got to feel well.
If you want to feel well,
You've got to eat well.
And if you eat well,
Everyone can tell,
You've been good to your body,
And only give your body good food.

Chorus X 2

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If you want to feel good,
You've got to eat good.
'Cause the food you eat,
Gives you energy,
So be good to your body,
And only give your body good food.

Chorus X 3

**If you're good to your body,
Then your body will be good to you.**

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